

# FLIGHT JACKET

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Marine Corps Air Station Miramar, Calif.

July 23, 2004

## Local off-limits areas revised

Story compiled by CPAO

MCAS Miramar

A General Administrative Message from the commander of Navy Region Southwest was recently released outlining local areas that have been deemed “off-limits” due to their potentially dangerous atmosphere.

The message applies to all Marines and Sailors in the San Diego area, and violation of the order can be punishable under Article 92 of the Uniform Code of Military Justice.

According to Master Gunnery Sgt. John Hood, provost sergeant, Headquarters and Headquarters Squadron, businesses and areas are carefully reviewed before making their way to the off-limits list.

“If we have an area known for drugs and prostitution, then the board recommends that area be off-limits to Marines,” he said. “We look for trends of crime in a particular area and we try to keep Marines out of that (environment).”

An establishment that takes advantage of Marines can also be deemed off-limits. If a business is over charging or attempting to cheat servicemembers, the board can send out an investigative team to gather evidence that could place the organization on the off-limits message.

“For example, if a car dealership is charging Marines outrageous interest, the board sends out a team to investigate. The (scamming) needs to be proven. It cannot be off-limits because someone has a grudge against another individual,” said Hood.

According to Hood, the off-limits guidelines prevent servicemembers from frequenting certain areas, but also serves as a method of protection for local Marines and Sailors.

### Off-limits changes

#### Areas removed:

- ♦ Mr. O's Night Club and parking lot, 1299 Camino Del Rio South
- ♦ Base Liquor and parking lot, 3201 National Ave.

#### Areas added:

- ♦ 2600-3600 block, Main St., from 12 a.m. Tuesdays to 5 a.m. Wednesdays.

#### Complete list:

- ♦ Advanced Services, The Focus Point, or any other photo-finishing business at 849 4th Ave.
- ♦ Midnight Adult Book Store, 3606 Midway Dr.
- ♦ Club Mustang, 2200 University Ave.
- ♦ Club San Diego, 3955 Fourth St.
- ♦ Dream Crystal, 1536 Highland Ave., National City
- ♦ Get It On Shoppe, 3219 Mission Blvd.
- ♦ Main Street Motel, 3494 Main St.
- ♦ Vulcan Baths, 805 West Cedar St.
- ♦ South Mission Beach parking lot, 600 San Diego Place, between 12-9 p.m. Sundays, May 1 to October 1.



A cloud of dust from the recoil of his M-16A2 service rifle surrounds Cpl. Kip M. Maddox, guard, Tactical Air Command Center Security Force, Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing, in Al Asad, Iraq, as he aims in at a target July 10. *Photo by Staff Sgt. Houston F. White Jr.*

## MWHS-3 Marines brush up on infantry maneuvers in Iraq

Story by Staff Sgt. Houston F. White Jr.

MWHS-3 Combat Correspondent

AL ASAD, Iraq — Gusting winds, oppressive heat and jagged, dusty terrain provided a fitting backdrop when the Marines of the Tactical Air Command Center Security Force, Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing, attacked a combat fire and maneuver range here July 10.

Firing the white star cluster flare and the M240G medium machine gun from a fixed position in two-man groups, as well as negotiating numerous aiming stations to shoot the M-16A2 service rifle at numbered silhouette targets hundreds of yards in front of them, the Marines assaulted their objectives to the sharp cadence of gunfire echoing across the barren ridge.

Due to the lack of Marines with extensive infantry backgrounds on the security force, conducting refresher training under more realistic circumstances was required to prepare them for some of the situations they might face in combat, explained Lt. Col. David A. DeMorat, commanding officer, MWHS-3.

“There are a lot of Marines out here from a wide variety of backgrounds who are providing security for the unit. Most of them are aircraft maintainers and administration personnel and they normally don’t get a chance to shoot their weapons too often (in garrison), except for annual marksmanship,” remarked the Endicott, N.Y., native.

“Our job out here is not so much (better) marksmanship, but to get them to fire their weapons in combat-like conditions and to get them comfortable with their weapons under those conditions,” stated the 39 year old.

For many of the security force Marines, the rare chance to participate in the infantry-geared training in an actual combat environment was a unique and enjoyable opportunity.

“This is the first time I’ve had the chance to run an obstacle course like this since I was at (Marine Combat Training),” said Cpl. Nora G. Forsythe, guard, TACC Security Force, MWHS-3. “It’s really different doing (the training) here in Iraq, because out here it’s something I would actually use, whereas at MCT I didn’t really feel like I was ever going to have to.”

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## Inside

Weekend forecast from Miramar's weather station



79°/64°  
Today



82°/68°  
Saturday



88°/70°  
Sunday

**Recycling  
provides  
Station profits**



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**Marines  
volunteer for  
MDA Camp**



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# Progress evident in war on terror

Story by Linda D. Kozaryn

American Forces Press Service

WASHINGTON - The United States and its coalition partner nations are making progress in the war against global terrorism, according to Defense Secretary Donald H. Rumsfeld.

"We are unquestionably putting a lot of pressure on the extremists who are conducting these terrorist acts around the world," Rumsfeld told National Public Radio's Juan Williams during a July 16 interview.

The U.S.-led, anti-terror coalition of 80 to 90 nations, he said, is sharing intelligence and making it harder for the terrorists to move money. The coalition also is making it harder for the terrorists to recruit and retain people.

"We're making it harder for them to communicate with each other, harder for them to move between countries," Rumsfeld said.

The coalition has also brought down the Abdul Qadeer Khan network that was trading in nuclear materials and technologies, the secretary said. Khan, the father of Pakistan's gas centrifuge program, was removed from his post as advisor to Pakistan's prime minister for providing nuclear technology, components, and equipment to Iran, Libya, and North Korea.

## Rumsfeld: We do not need a draft

*DoD recruiting efforts working well despite Individual Ready Reserve recall*

Story by Linda D. Kozaryn

American Forces Press Service

WASHINGTON - "We do not need a draft," Defense Secretary Donald Rumsfeld said in a July 16 interview with National Public Radio. The all-volunteer force "has worked brilliantly for our country."

Asked if he would rule out the idea of reinstituting a draft, Rumsfeld replied, "I'm not the government of the United States. I am just one person. But if you ask me personally would I rule it out, the answer is 'absolutely.'"

Noting that there are a lot of inequities in any draft, he said, "I would argue vigorously against reinstituting a draft." The secretary pointed out that in the 1960s he was one of the first members of Congress to introduce legislation to create an all-volunteer force.

The military's current recruiting and retention efforts are working well, Rumsfeld said.

"The Air Force is way above where it should be and is in the process of trying to reduce some of their numbers," he said. "The Navy's about where it wants to be and the Marines are where they want to be."

There are one or two areas in the Army where

Rumsfeld noted that "Libya has come forward and decided to forego weapons of mass destruction."

America is safer today, he said, than it was on Sept. 11, 2001, when terrorists hijacked four jetliners and attacked the World Trade Center and the Pentagon. Many terrorists have been captured or killed, and more information about their activities has been gleaned.

The United States has focused significant resources on protection. "We have a much better protection system, for example, at our airports," Rumsfeld said. "We have a much higher level of vigilance and awareness on the part of the American people."

The United States is safer today because of the steps that have been taken, but there is no "perfect safety" when people are determined to kill other people, he warned.

"Now the reality is that a terrorist can attack at any time, at any place, using any technique," Rumsfeld said. "And it is physically impossible to protect every location against every conceivable type of attack, and it's particularly difficult for free people."

If terrorists cause Americans to give up the freedoms and benefits of a free society, he stressed, "then the terrorists have won."

retention "has not been as good as one would have anticipated," he said, and defense officials are carefully watching these areas. If necessary, he added, military officials can "increase incentives and reduce disincentives."

At present, Rumsfeld said, the armed forces have nearly 2.5 million men and women: 1.4 million in the active force and the remainder in the National Guard and Reserves. He predicted that any recruiting and retention shortfall would be "in the low few thousands."

The secretary noted that the number of Individual Ready Reserve members called to active duty "is a very modest number."

Letters went out July 6 to 5,674 members of the IRR, soldiers who have completed an active-duty enlistment but still are within eight years of when they entered the military. All enlistees agree to an eight-year commitment, usually served in a combination of active, reserve-component and IRR service.

Of those who received the letters, Army officials said, roughly 4,000 will be brought to active duty.

Most of those will be in the specialties of military intelligence, engineers, truck drivers, and other combat service support forces.

## MIRAMARKS

"Should a draft be instituted to support the War on Terrorism?"



**LANCE CPL. DANIEL M. ROTTER**  
Flightline Mechanic  
HMH-361

"No. We have enough Soldiers, Marines, Sailors and airman over there as it is. There is no need to drag in civilians that don't know much about the conflict."

**CPL. JOE R. SCHNEIDER**  
Aviation Communications Technician  
MALS-11

"No, there shouldn't be. We should have enough volunteers. People should be volunteering out of a sense of duty."



**PFC. JONATHAN B. MCKEE**  
Engine Mechanic  
MALS-16

"If it comes down to it, and we needed a draft then we should have one. If you live in this country you should be willing to serve."



## FLIGHT JACKET

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# Marines keep main supply route safe from attacks

Warriors from Company E, 2nd Battalion, 1st Marine Regiment, provide a constant watch along Fallujah routes

Story by Sgt. Jose E. Guillen

1st MarDiv Combat Correspondent

CAMP BAHARIA, Iraq - Travel along a main supply route near Fallujah is a little less harrowing, thanks to the vigilance of a few Marines.

Marines from Company E, 2nd Battalion, 1st Marine Regiment, provide a constant overwatch along the route, keeping would-be attackers at bay and military personnel running convoys breathing easier. It's long and demanding duty, under the blazing hot sun with temperatures reaching 130 degrees and dark lonely nights, all so improvised explosive devices or ambushes don't have time or space to be emplaced.

So far, they've been the answer to problems that once plagued the stretch of road.

"A convoy has not suffered any injuries on MSR Mobile since we've been there," said Capt. D. A. Zembiec, the company commander. "We undoubtedly are successful."

Just having a Marine presence has simmered down enemy activity, said Sgt. Justin M. Rettenberger, the company guide who is currently serving his second tour in Iraq.

"Since we've taken over route Mobile, we've reduced the amount of IEDs to zero," Rettenberger said.

Still, there is a lingering threat, despite the reduction of IED attacks. Mortars continue to threaten the Marines. That threat, however, could soon be eliminated as well.

"If we kill these enemy mortarmen - just take two or three out of the equation - that will make it safer for the Marines out there,"

Zembiec said. "The mortarmen have still proven elusive, but we'll track them down."

One way the company is gradually ousting mortar attacks is by maintaining a presence in the surrounding villages through foot and vehicle-mounted patrols.

"We can scan the area in greater detail with patrols," explained Cpl. Nicholas H. Scaljon, a fire team leader. "When we're on patrol, we try to draw the enemy out in the open, find them and kill them. That's what we do best."

Small unit leaders also use the route security mission to train up-and-coming noncommissioned officers to take the lead in conducting their own missions.

"We'll conduct vehicle checkpoints at a moment's notice, but instead of the NCOs running the show, we let the lance corporals do it," Rettenberger said. "We got to let them get practice doing our job, so they can take charge with experience later down the line, because we're not always going to be here."

Still, the biggest challenge to the Marines so far is battling the heat. July and August present some of the harshest and



Marines conduct foot and vehicle-mounted patrols to keep potential threats on their heels. Marines with Company E, 2nd Battalion, 1st Marine Regiment diminished enemy activity along a key route near Fallujah due to maintained presence along that route. Photo by Sgt. Jose E. Guillen

most unforgiving temperatures here and Marines find themselves battling back its heat during their 48-hour watch.

Platoons are rotated regularly through the outposts to keep Marines fresh for the mission, just one of the simple measures taken to keep from wearing through their strength.

"It can be very slow and monotonous,

so you can easily get bored and complacent," Scaljon said.

Still they gut it out in the heat. Their vigil never breaks. The Marines continue with their mission, rifles at the ready, sweaty, tired and dirty.

"We're just out here doing our job, which is keeping this stretch of the highway secured," Rettenberger said.

AD

So I was thinkin' ...

## Gossip: Keep it to yourself

Commentary by Lance Cpl. Skye Jones

MCAS Miramar Combat Correspondent

It seems like everybody is in everyone else's business nowadays. I bet each and every person has talked about somebody and had their laundry aired out for the entire world to mock.

It's part of human nature; we like to pry into other people's personal lives. Admit it, it can feel good when you watch those corny talk shows. You declare that your life is in order after watching the latest episode of the lady who accidentally got fertilized by her uncle and found out that he was related to her.

If you knew her, how bad would you want to spill the beans that she knew all along he shared her blood?

Well we don't live in talk shows, but some people like to turn life into their own Jerry Springer. I believe gossip is a five-letter word that stands for: **G**rief, **O**pening someone's closet, **S**ecrets, **S**adness, **I**njured emotions and **P**ain.

Why do people like to create this environment? I do not know, but I do know that it makes things worse for everybody involved. So what would possess someone to make matters worse? Perhaps insecurity.

If someone talks about another person in a negative way, it puts him or her at the top of the totem pole. The person on the other end is too focused forming his or her own opinions about what Jane did last night to worry about the flaws of the person telling the tale.

When people gossip, they are taking the focus off of themselves, putting the spotlight on someone else, thus appearing like the good guy or gal.

One should never trust anyone who talks about somebody else. There is probably a 99-percent chance that if someone tells you another person's secret, they will divulge a few of yours to the world as well.

If everyone attended to their own luggage, the world would be a much more enjoyable place to live in. Sure, there might be a problem that needs addressing, but tell that person and close the case.

I dare you to name one person who likes it when they overhear two people whispering and chatting about him or her. It brings morale down. There is absolutely no need to whisper in front of people.

If it's about that Marine who fell out of a run, instead of whispering to a buddy about how unsatisfactory or lazy he or she is, personally go up to that Marine and invite them to a physical training session or two.

Sure, it might feel good to be the one who knows more than a deck of tarot cards, but try placing yourself into that person's shoes.

Bottom line: if you don't want anyone to talk about you, don't talk about others.

**Send your letters or opinions to the Flight Jacket editor. Include your name, rank and unit, and send to: [mcmeence@miramar.usmc.mil](mailto:mcmeence@miramar.usmc.mil).**

# Bad Nutrition...

## Be wary of bite-sized heart attacks

Story by Cpl. Cecilia Sequeira

MCAS Miramar Combat Correspondent

Are Station Marines really doing what it takes to be fit for the fight? It is a common misconception that being thin translates to being healthy. Nutrition is rarely factored into overall fitness. But is it a problem?

Cardiovascular disease, a nutrition related illness, is the number one killer in America, according to Julie Carlson, health promotion educator here. The Celina, Ohio native says nutrition related illnesses don't stop there. Diabetes, obesity and cancer are all linked to unhealthy eating.

Carlson explains how "super sizing" a meal affects your body.

"When you eat a big meal that is bad for you, it causes stress to your body, producing free radicals. Free radicals are basically what cause cancer," she said. "Almost like a Pac Man, the antioxidants help eat away free radicals. Free radicals cause cell mutation. Cell mutation often results in cancer."

Antioxidants are found in fruits and vegetables. The recommended daily intake is four to five servings a day. However, that doesn't mean a slice of onions on your hamburger will suffice. A half-cup of a vegetable is considered one serving.

Carlson says there are plenty of healthy choices on the Air Station to choose from. The chow hall and commissary offer healthy options, as well as some fast food locations. "Brown bag it. Usually a lunch you bring from home will be not only healthier than fast food, but cheaper too," Carlson said.

"If I needed something fast I would go to La Salsa and order the grilled chicken salad, use salsa instead of dressing, and order a diet soda," said the health educator.

Eating too much of the wrong kinds of food is dangerous, but eating too little of the right of kind of food is just as lethal.

Taking vitamins is also important. Processed foods are often low in nutrients that play an important role in our long-term health. Such long-term deficiencies are linked to heart illness, cancer, bone loss and Alzheimer's Disease.

"We cannot have fat bodies running around the Marine Corps. Personal and professional appearance is very important," said Cpl. Jesus M. Bocanegra, Headquarters and Headquarters Squadron legal noncommissioned officer-in-chage.

Although nutrition is important to him, lately his diet has been less healthy. Like many Marines, Bocanegra

feels that time is a major factor in his ability to search for the right food.

"I try to eat right, but it just doesn't happen. Fast food is just so much easier," he said.

Bocanegra wasn't aware that many illnesses are linked to bad nutrition and said that he would be more careful because his parents are both diabetic.

"My mom exercises a lot, but she has diabetes. I'm afraid I am going to get it," he said.

However, as well as his own health, one of his main reasons for staying fit is his wife. "I've got to look good for her."

His wife, Cpl. Mary E. McCune, orders NCO, Headquarters and Headquarters Squadron, agrees about fast food being easier, but said she feels there is an additional responsibility as a Marine to be fit for the fight. "Marines have to eat healthier than your average person."

Her husband, like many Marines, thinks it is too complicated to worry about counting calories.

"It's hard to keep track of your nutrition. If you're out in the field you don't have time to eat a well balanced diet," he said.

Carlson says, not having the time is only one of the prominent excuses. "I think a lot of us grew up with the 'kids starving in China syndrome.' The kids are starving in China so you have to finish your whole meal. There's a guilt that goes along with not finishing everything on your plate. If you suffer from that you can get a Styrofoam box and take half of it home," she said.

Processed foods are everywhere, and many offer low fat or non-fat alternatives. According to Carlson, many of these, "I can't believe it's not butter" options are worse than natural foods. Her advice, "stick with the real butter - at least it's natural. I'm not saying go to town, eat three pats of butter on your bread, but I am saying in moderation real butter is better for you than unnatural processed alternatives. But I would still recommend olive oil over butter. Olive oil is unsaturated fat and heart healthy."

Taking nutrition into your own hands takes education, commitment and sometimes a little more time. If you are still going to eat fast food, inquire about the nutritional content.

According to Carlson, every fast food place on the Air Station should either have a nutritional listing for you to look at or should have one available on their website.

For more information on better nutrition call the station health promotion educator at 577-7963 or log on [www.eatright.org/Public/NutritionInformation/92.cfm](http://www.eatright.org/Public/NutritionInformation/92.cfm).



AD



# Station garbage finds profitable home

Story by Cpl. Cecilia Sequeira

MCAS Miramar Combat Correspondent

There is a goldmine lying inside your trashcan. Each year the station recycling center generates thousands of dollars toward the Marine Corps’ pot of funds.

Funds from Marine Corps’ recycling centers from around the world go to Headquarters Marine Corps to be dispersed throughout the bases. So far this fiscal year, Miramar’s recycling center has produced more than \$69,000 in revenue.

Some of that money goes back into the center’s upkeep, but the rest goes into a Marine Corps and Navy-wide account used for several different purposes. Marine Corps Community Services receives some of the funding to sponsor local events. The rest of the money goes toward miscellaneous support like vehicle maintenance, promotional items, and office supplies. All recyclables help. Twenty-eight thousand pounds of spent brass from the rifle range have been turned in this fiscal year to yield \$14,000.

However, the station recycling center can’t make money without the community’s support. Chief Petty Officer Leonardo D. Mendoza, recycling manager, Headquarters and Headquarters Squadron, says the station is turning in about 70 percent of their recyclables, but there is a lot of lost money in the 30 percent that goes to waste in the landfill.

“There are many ways on this base to recycle. If they don’t have the containers they can call us and we can drop one off during

the curbside route pickup. If they live on base housing and aren’t on the curbside list, they can call to get added on,” said Mendoza.

Residents can also recycle at the satellite site, a series of bins across from the exchange and commissary. Unfortunately, the site sees a lot of overflow. “A lot of things go to waste. If the bins become full then please come to the recycling center. If it is left sitting out, we aren’t going to have room for it anywhere else except that container, so it’s just going to get thrown away,” said Cpl. Jessica R. Sapp, recycling clerk, Headquarters and Headquarters Squadron.

According to Mendoza, a Los Baños Laguna, Philippines native, the bins see a lot of abuse. “The satellite site is not a dump site, it is a recycling site. People drop off TV’s and furniture; we can’t do anything with those things.”

Sapp says the site is useful to the community because it is open 24 hours a day, but that doesn’t mean residents should abuse the night hour access.

“We picked up five TVs this week. We sometimes get mattresses and we throw that stuff away. We can’t recycle it. A lot of people think if they bring us their old washing machines and dryers that we can find somebody who needs it, but that is not what we are here for,” said the Colfax, La., native.

The recycling center takes toner cartridges, cardboard, aluminum, plastic, scrap metal, treated wood, paper, glass, copper, newspapers, magazines, and brass. Most can be dropped off at the satellite sight, but some

things like scrap metal and treated wood must be taken to the center.

Mendoza says the importance of recycling goes beyond making money. “More than 50 percent of what goes to the landfill is recyclable. If we don’t stop doing that our landfills will fill up and they will go to another site. It’s important (to recycle) for the environment.”

Sapp agrees with her boss. “Landfills... no one realizes how big they are, or their impact on our earth, and we only have one earth. Think about our kids, and our grandkids, and their grandkids. They need somewhere to live and if you destroy what we have now then you’re not going to have anything tomorrow,” she said.

She recycles everyday for the Marine Corps, but that doesn’t stop her from doing it on her personal time as well. “I do recycle, and I don’t buy Styrofoam. It’s not biodegradable.”

There are two main recycling drives the center holds every year to build awareness, Earth Day, Apr. 22, and America Recycles Day, Nov. 15. “We purchase T-shirts, walkmans, backpacks; you name it for giveaways. If we have the money we’ll buy it,” said Mendoza. During the last drive the center had a surplus of backpacks. While supplies last, any resident can trade 50 soda cans



Lance Cpl. Charles A. Marshall, an East St. Louis, Ill., native, produces funds from garbage by separating air station trash into recyclable materials, and selling it to off-station recycling plants. Photo by Cpl. Cecilia Sequeira

for a free backpack.

The recycling center is located past the east gate gas station at the end of Miramar Court, and is open from 7:30 a.m. to 3:30 p.m. daily. For more information on the recycling center or their routes call 577-6366.

AD



# Taking one for the team

## *Medical researchers pay Marines, Sailors ‘to go’ while in Iraq*

Story by Sgt. J.L. Zimmer III

*MWHS-3 Combat Correspondent*

AL ASAD, Iraq — Naval Medical Research Unit 3, based out of Cairo, Egypt, arrived here with a team of examiners in order to collect and test stool samples to determine if behaviors or immune markers contribute to the way diarrhea affects different people.

The researchers explained that the study would be particularly beneficial to the military because diarrhea can debilitate combat effectiveness by causing dehydration, malnourishment and fatigue. The dozen doctors, scientists and corpsmen from NAMRU-3 also brought their wallets with them for the experiment, paying anyone willing to participate in the study.

According to Lt. Cmdr. Marshall R. Monteville, medical officer, NAMRU-3, compensating servicemembers was a form of encouragement for them to participate in the study.

“We provide an incentive to the troops for providing a blood and stool sample,” said the 35-year-old Honolulu native. “In this case study the incentive is \$20 for their donation (of the samples).”

Monteville and his team arrived here with a good sense of humor because they have to solicit the goods they are here to analyze.

“One phase of the study is to interact with the troops and determine who is and is not seeking medical help when they develop diarrhea,” he said. “We have to go out and ask the personnel if they will be willing ‘to go’ in a cup for \$20.”

Monteville did not expect the overwhelming turnout of volunteers the medical experiment received, even though money was being offered for participation.

“I have never had to call for reinforcements to have

specimens collected,” he jokingly said. “This was my best day ever because I have never had this many people show up for a research study.”

One Marine who volunteered was suffering from diarrhea and participated to help science.

“I think it is great to help science and research,” said Lance Cpl. Nathan W. Arras, security platoon, 3rd Low Altitude Air Defense Battalion, Marine Wing Support Group 37, 3rd Marine Aircraft Wing, and 20-year-old Phoenix native. “When I am in the field or on my tower on watch, I do not have time to have diarrhea.”

“I can’t think of a better way to earn \$20,” added Lance Cpl. Gabriel I. Flores, security platoon, 3rd LAAD, and 22-year-old McAllen, Texas, native. “I did my part for science. Now every time I flush the toilet I feel like I am flushing \$20 down the drain.”

Navy Lt. Andrew J. Stegall, NAMRU-3, explained why this type of research is important to the advancement and effectiveness of combat forces.

“Throughout history, diarrhea has been the leading cause of slowing troop movement and degrading the fighting force,” said the Savannah, Ga., native.

According to Navy Capt. Ed Antosek, flight surgeon, Marine Wing Support Squadron 273, and Director of Aviation Medicine at Naval Hospital, Marine Corps Air Station, Beaufort, S.C., the study is integral to the advancement of research in a combat environment.

“This is an awesome experience for these people as researchers to be embedded with war fighters in a combat environment,” said the 57-year-old Philadelphia native and former commanding officer of NAMRU-3. “This offers an opportunity for the researchers to interact with the line commanders, Marines, Sailors and soldiers who are out there dealing with the pains and fatigue of combat.”



Petty Officer 2nd Class Rommel G. Galinato (left), Naval Medical Research Unit 3, removes the needle used to take a blood sample from Lance Cpl. Ryan P. Schmit, 3rd Low Altitude Air Defense Battalion, during the NAMRU-3 visit to Al Asad, Iraq, June 21. *Photo by Sgt. J.L. Zimmer III*

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### Tears greet returning Marines

Marine Corps Base Camp Pendleton, Calif. — Sgt. Andrew Mrozik, 28, of Chicago, receives an emotional homecoming greeting from his daughters Autumn Mrozik, 8, and Dakota Mrozik, 2, July 13.

Mrozik, an avionics technician assigned to the Pendleton-based unit Marine Light Attack Helicopter Squadron 369, returned home after a seven-month deployment that took him to Iraq, Japan, Philippines, South Korea and Thailand. During Mrozik’s overseas duty, he kept in touch with his family via phone and e-mail. This was his fifth deployment during his seven years serving in the Marine Corps.

“It doesn’t get any easier throughout deployments, in fact, it gets harder because your children start to realize you’re gone,” Mrozik said.

Mrozik said he was afraid his youngest daughter Dakota would not remember him since she was little more than a year old when he left for the lengthy overseas tour.

In addition to HMLA-369’s return, more than 200 Marines returned from Iraq July 18 after supporting 3rd Marine Aircraft Wing Operations. *Photo by Lance Cpl. Khang T. Tran*



# Marine volunteers make difference at MDA camp

Story by Lance Cpl. Skye Jones

MCAS Miramar Combat Correspondent

CUYAMACA STATE PARK SAN DIEGO, Calif. - Muscular dystrophy is a genetic disorder that causes the muscles in the body to weaken. Over time, the muscles break down and become replaced with fatty tissues. There are varied cases of the disease and each person is affected by it differently.

Someone with muscular dystrophy experiences muscle problems either as a baby, in childhood or in adulthood. There is no cure for the disorder and children with certain types usually do not live past 25 years of age.

Marines and Sailors from Southern California and Arizona volunteered one or two weeks of their time at the Muscular Dystrophy Association camp here June 20 through June 26 and July 11 through July 17.

Each volunteer transformed from a servicemember to a counselor, with just as much responsibility as a warrior, if not more.

“Spending time with these kids makes you appreciate things so much more in life,” said Lance Cpl. Michelle Roberts, supply clerk, Travel Management Office, 1st Force Service Support Group. “They love having us at camp and that keeps me coming back.”



**Cpl. Russell A. Oubina, a military volunteer coordinator for MDA camp and weather observer with Headquarters and Headquarters Squadron, smiles while spending some quality time with his camper.**  
*Photo by Lance Cpl. Skye Jones.*

In order for the kids to enjoy camp like other campers without physical disabilities, each of them is assigned to one or two counselors who are there for them 24 hours a day, seven days a week.

“Without the volunteers, there wouldn’t be a camp,” mentioned Cpl. Russell A. Oubina, a military volunteer coordinator for MDA camp and weather observer, Headquarters and Headquarters Squadron. “The counselors allow the children to enjoy camp

without any barriers or limitations.”

Campers need assistance with everything from bathing, eating and even going to the bathroom.

The main mission of each volunteer is to make his or her camper’s week filled with fun and excitement.

“It’s all about having a serving mentality. I never realized how much that I had been given until I came to camp and worked with these kids,” said Cpl. Evan Bryan, aviation technician, Marine Aviation Logistics Squadron 11. “I asked my camper how he felt having the disease and he told me that he didn’t give it much thought.”

You can’t really appreciate how much you have until you realize how little others have.”

The campers do not let their disabilities get in the way of enjoying life. Camp provides them with a week to have fun and experience life to the fullest.

“I have been coming to this camp for 10 years and it is one of my favorite weeks out of the year,” explained Jason Caban, a camper. “I really appreciate the military coming out here. They do a lot of hard work for us and I think they’re the greatest, especially since they have to chase after me.”

## AD



# Leatherneck Museum begins Skyray restoration

Story by Sgt. Kristen L. Tull

MCAS Miramar Combat Correspondent

Ordered by the Navy in 1953 and retired in 1964, an aged Douglas F4D-1 Skyray endured a cross-country trip to be displayed at the Flying Leatherneck Museum. It’s one of four being displayed at museums across the nation and according to Steve Smith, assistant curator, “We are lucky to have it.”

“This is the only plane to serve for the Navy with the North American Air Defense Command” said Smith. “It broke the time to height record five times during its short use, breaking the sound barrier on its maiden flight.”

The trip from Virginia wasn’t easy. The wings had to be cut off in order to fit through the streets on the single trailer that brought it to California. It took the curators three days working from sunrise to sunset just to put the wings back on.

“There are still things we need to get in order to make the plane complete, such as landing gear,” said Smith. When asked where they will get the landing gear, he jokingly replied for anyone to call if they had any leads.

When can spectators expect to see this record-breaking piece of history? With many planes in line before it...in about three years. The restoration process takes that long to accomplish, approximately 7,500 man hours of labor.

“The hardest part of museum aircraft restoration is steam cleaning, stripping, sanding, and/or scraping an aircraft

surface down to a usable surface,” said Thomas O’Hara, museum curator.

Many of the aircraft the museum receives are 50 to 60 years old and may have been painted five or six times with incompatible paints.

“This can create a chemical reaction that can actually eat into the aircrafts’ metal skin,” added O’Hara.

When possible, parts such as the fuselage and fuel bladders are removed in order to steam clean and repaint the aircrafts’ interior.

“When we took the fuel bladders out we found several tools and a letter to one of the aircraft mechanics dated in 1958,” said O’Hara.

Once it’s all sanded down and repaired, it must be put back together and primed for display in the harsh sun and San Diego’s salty sea air.

According to O’Hara, the hard part is just beginning.

“Putting the insignia on the aircraft is the most tedious and difficult step in the entire process,” said O’Hara.

The curators try to depict a historically significant or combat significant theme, from that point, O’Hara says they will follow an example, such as a photo, of how an aircraft was actually painted by Marines in the field.

“Once the insignia is complete and all the parts replaced, the aircraft is ready to be rolled out for display,” said O’Hara.

The Skyray, known as “The Bat Out of Hell”, is waiting to be “re-born”. At around \$3,000 and lots of elbow grease, museum visitors can look forward to seeing this aircraft as well as many others along side the others in due time.



A color gaurd from Marine Corps Air Bases Western Area, containing a color bearer from Marine Corps Air Stations Miramar, Yuma and Camp Pendleton presents the colors during a change of command ceremony here June 18. Changes of command are just one of many events the color gaurd takes part in. Photo by Cpl. Jeff Zaccaro

## Station color gaurds extend honor, courage, commitment

Story by Cpl. T.D. Smith

MCAS Miramar Combat Correspondent

Color guards serve many purposes such as ceremonial or community relations and display the Marine Corps’ rich history.

Under the influence of British custom, American infantry had a junior officer, known as an ensign, to carry and guard the regimental colors.

Each company had an ensign and there were eight companies. The ensigns took turns guarding the flags. Eventually, these color guards were selected from the strongest and bravest soldiers.

Later, enlisted men instead of officers performed this task.

The task is now considered an honor and a privilege, explained Sgt. Dexter Williford, aircraft rescue recovery and firefighting dispatcher, Headquarters and Headquarters Squadron. “You should volunteer for the guard because it represents tradition and pride in the organization that you represent. Who could serve as a Marine and not want to hold our nations colors or the Marine Corps colors? These aren’t just pieces of cloth. These are our emblems,” he said.

There are other benefits to volunteering as well. “You really can’t put the feeling into words. When we do a ceremony for a retirement or some retired Marine needs us for a ceremony and we actually come, the look on their face makes the time spent on our off duty time well worth it,” said Williford. “The reaction (from civilians) is always positive and they are really surprised when they find out just how easy it is to talk to a Marine.”

Sergeant Woodrow Brown,

training noncommissioned officer, H&HS, agreed with the positive response of civilians.

“The little kids just flip. It is great to see their reaction when they see a Marine color guard for the first time,” he added. “At a recent ceremony, where we were at attention, I heard a little kid ask, ‘Mommy are they alive?’ It was difficult not to lose my bearing.”

Occasionally, some of the events covered offer food and beverage. As an additional benefit, meeting retirees and listening to their experience can be educational and entertaining. Also, social events may be a great way to network for future friends or careers.

Leadership and drilling skills are acquired while serving on a color guard. The senior Marine gives all of the commands and the team has to work together in precision movements and timing.

The pride doesn’t come easy. A lot of time and dedication goes into performing on a color team. “We want people to know (before they volunteer) it is time consuming. We practice for practices. Often there will be a formal practice the day prior to an event and the official party will be there and you want to look good in front of them,” said Brown. “Practices are for mistakes. There is no room for mistakes in an event. The team has to bring its ‘A’ game. You may not be the Silent Drill Platoon, but you can act like it.”

While the practice and preparation behind a color guard may be time consuming, there are many benefits to volunteering, like a good feeling from a positive deed, and the action of performing this function is steeped with history and tradition.

AD



COURSE

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“Firing the illumination flare was also cool because it was the first time I got to shoot anything like that,” added the 21-year-old Charlotte, N.C., native.

“I think this was pretty good training,” offered Cpl. Kip M. Maddox, guard, TACC Security Force, MWHS-3. “It was dirty but it was fun and I liked it.

“I think it’s pretty effective as far as preparing you for combat,” continued the 24-year-old from Enid, Okla. “You have to remember to take cover while you reload and it gets you to practice shooting from your weak side and making sure you’re firing at the right target.”

According to 35-year-old Gunnery Sgt. Eric Dickerson, guard chief, TACC Security Force, MWHS-3, the objective of the weapons shoot was to reacquaint his Marines with the skills and knowledge they would need during a combat encounter.

“It was time to conduct familiarization training again with my Marines because it had been a few weeks since we fired our weapons,” noted the Atlanta native. “In a combat situation, the flares would be used to signal your position, signaling where you need fire support, or just for illumination to see where the enemy is.

“This fire maneuver range exposed the Marines to the different conditions that can cause their weapons to jam, such as when they get dirty, so they can handle that situation,” added Dickerson. “The range also shows the Marines how fatigue effects their shooting when their body gets tired.”

Many participants appreciated that in addition to honing their warrior skills, the evolution offered those who ran the course a pleasant change of pace from their normal security responsibilities, as well as whetting their appetites to engage in future training.

“This range was a lot of fun and it gave us something different to do to break up the monotony of just standing (guard) post all day,” remarked Cpl. Rocky D. Robertson, guard, TACC Security Force, MWHS-3. “It taught us how to move around using high crawls and low crawls and really challenged us physically.

“I would love to (take part in) more training like this in the future,” concluded the 21-year-old Albuquerque, N.M., native.



Lance Cpls. Michael J. Johnson (firing) and Bryan F. London, both guards with Marine Wing Headquarters Squadron 3, fire the M240G medium machine gun at down range targets in Al Asad, Iraq, July 10. Photo by Staff Sgt. Houston F. White Jr.



Cpl. Travis J. Miller, guard, Tactical Air Command Center Security Force, Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing, low-crawls his way across the harsh desert terrain from one firing point to the next in Al Asad, Iraq, July 10. The 28-year-old Altoona, Pa., native was able to refresh his knowledge of weapons and infantry tactics during fire and maneuver range training. Photo by Staff Sgt. Houston F. White Jr.

AD



# MAG-46 conducts annual training at Camp Elliot

Story compiled by MAG-46 PAO

MCAS Miramar

Summer is a symphony for the senses. It is baseball games and hotdogs, amusement parks and cotton candy, swimming pools and backyard barbecues. Summer doesn't start. It is announced.

Sometimes the announcement is subtle, such as the last day of school circled on the calendar or the first heat-induced daydream.

For reserve Marines, it's all about annual training.

Now that summer is upon us, Headquarters Squadron, Marine Aircraft Group 46, took the opportunity to combine Small Unit Leadership Evaluation, Mobilization Readiness Training, Common Skills Test, Marine Corps Martial Arts Program, swim qualification, Nuclear Biological Chemical training, and even mixed in Military Occupational Specialty training during their two-week exercise. In addition, MAG 46 completed a substance abuse sweep.

Starting the week off in a squadron formation, acting MAG-46 Commanding Officer, Col. Gary A. Vaughan, explained the importance of small unit leadership and how this training applies to operations in Iraq.

"This type of training is timely because many Marines may find themselves in charge of a convoy or patrol in Iraq," explained Vaughan. "Oftentimes the senior man is a corporal or sergeant."

The operations staff scheduled several classes for the Marines covering what they would need to know in the field.

"We covered several classes to knock out annual training and to prepare the Marines for field operations," said Staff Sgt. Joe A. Mares, Jr., MAG-46 operations training chief.

Another integral, yet often neglected, factor for unit preparedness is medical readiness.

"Medical readiness is an important component of pre-deployment screening," said Petty Officer 2nd Class Geraldo A. Verdugo, headquarters corpsman, MAG-46. "During drill weekends reserve Marines have multiple commitments. Initial and follow-up visits are a challenge due to the Marines' work commitments. Annual training provides us with the opportunity to resolve outstanding medical issues."

By the end of the second week, the Marines accomplished all of the designed training that they set out to do.

"All of the Marines were very receptive to the training. They took this training seriously and understood the importance of how this is applicable to real life scenarios



Marines from Marine Aircraft Group 46, apprehend a simulated enemy during a training scenario at Camp Elliot. The exercise was part of the reservists' annual training. *Photo by Gunnery Sgt. Matt Olivolo*

in Iraq," said Mares. "The Marines were addicted, hungry for more information. The fact that we empowered the sergeants made this training very rewarding for them."

After all of the Marine Corps training, MAG-46 headquarters hosted a family day to cap off a very rewarding week for all the Marines who took part in their 2004 annual training.

# Medieval Times provides present-day enjoyment

Story by Cpl. T.D. Smith

MCAS Miramar Combat Correspondent

Chivalry is not dead at the "Medieval Times," a dinner and tournament establishment that brings to life the culture and fantasy of the Middle Ages.

A four-course meal is served while a spectacular program unfolds. The meal itself is an experience. Servers begin by providing a feast that includes vegetable soup, garlic bread, roasted chicken, spare ribs, an herb-basted potato and a pastry. However, what they do not provide, in true medieval fashion, is silverware. You receive a cup and a plate so you have to take a tactical approach to eating.

"The meat just falls off the bone. I love that. The food is great. The barbeque sauce on the spare ribs is great too," said Sgt. Dawn Payne, military police officer, Headquarters and Headquarters Squadron.

The ticket includes two free beverages, however, if you are particularly thirsty the

"Medieval Times" castle houses two full bars that feature souvenir cups.

The real attraction takes place during the two-hour program that begins with the royal decree of revelry and competition to choose a champion. The knights of the realm then perform sports such as throwing a javelin at a target while riding on horseback and skewering rings with lances also while riding. When the knights are successful in their mission, they receive flowers from the princess to pass out to the ladies in the audience.

While the knights are competing the plot unfolds. The King's soothsayer warns of treachery in the realm and the drama kicks in to add texture to the event. The drama concludes only after the knights battle each other in the joust contest that features a fierce battle with an array of weaponry from the Middles Ages and the traitor in the story is revealed.

After the program you are invited to meet

the knights in the knight club. There the players in the acts are happy to pose for pictures and sign autographs.

"It is funny how many pictures you pose for. I went to look at a house with my wife and on the mantle there was a picture of me posing with the owner and his friends," said Dave Hillard, the King of Arms.

In between acts of the program, the audience is treated to skills of the highly trained steeds of the noblemen. The horses in the program are Andalusians which the knights of Spain were known to ride. Medieval Times (collectively) is the largest single owner of the majestic beast in the USA.

"The horses are highly trained and we have three different trainers on staff. We also have both indoor and outdoor arenas. The outdoor arenas are for exercising the horses," said David Manuel, marketing manager.

The Museum of Torture displays replicas of actual torture devices used in the Middle

Ages. The museum is educational and includes a chastity belt, thumbscrews and a rack.

The powerful entertainment has an equally impressive original score. The two hours of music is comprised of 108 pieces. It was recorded by the City Of Prague Philharmonic and accompanied by a sixty-voiced Czech choir.

There is a gift store in the castle where you can buy everything from a suit of armor to shirts, mugs and key chains.

If you go through the ticket office on base the prices are \$44.15 for adults and \$31.90 for children for non-restricted tickets. This means the tickets do not include holidays or the 6 p.m. Saturday show.

Full access tickets go for \$41.15 for adults and \$30.90 for children through the ticket office. Reservations are highly encouraged. The castle is located at 7662 Beach Blvd., Buena Park. For more information call (714) 521-4740.

AD



Miramar Movies

The Station Auditorium is located in building 2242, and will be featuring the following movies free of charge. Outside food and drinks are not permitted. For more information contact 577-4143 or log on to [www.mccsmiramar.com](http://www.mccsmiramar.com)

**Friday:**  
4:30 p.m. Garfield (PG)  
6:30 p.m. The Chronicles of Riddick (PG-13)  
8:45 p.m. The Day After Tomorrow (PG-13)

**Saturday:**  
1 p.m. Harry Potter/Prison of Azkaban (PG-13)  
6:30 p.m. Shrek 2 (PG)  
8:30 p.m. Harry Potter/Prison of Azkaban (PG-13)

**Sunday:**  
1 p.m. Shrek 2 (PG)  
6:30 p.m Troy (R)

**Wednesday:**  
6:30 p.m. The Terminal (PG-13)

**Thursday:**  
2 p.m. Around the World in 80 Days (PG)  
6:30 p.m. The Chronicles of Riddick (PG-13)

Presentations and time subject to change.

Ms. Semper Fi

Marine Corps and Navy spouses, active duty females and veterans are wanted for the upcoming 2004 Ms. Semper Fi Pageant to be held in September.

No experience is required and there is no swimsuit or talent competitions.

The pageant is open to females 18 years of age or older, and space is limited to the first 30 applicants.

Religious Services

The Chaplain’s Office is located in building 5632 and coordinates regularly-scheduled worship services. For the location and meeting schedules of religious activities contact the Chaplain’s Office at 577-1333.

**Sunday:**  
9:30 a.m. Protestant worship service  
11 a.m. Roman Catholic Eucharist  
**Wednesday:**  
7 p.m. Baptist service  
**Monday-Friday:**  
11:30 a.m. Roman Catholic Daily Mass  
**Jewish:**  
7 p.m. First Friday of the month MCRD  
7:30 p.m. Last Friday at Edson Range Chapel

Extreme Makeover

Extreme Makeover: Home Edition is preparing to air its second season on ABC.

With the new season, producers are seeking a servicemember who owns a house in the Southern California area.

To be eligible, the servicemember should have little or no time or resources to make home improvments and has either recently spent an extraordinary time away from their family defending America or has been injured going above and beyond the call of duty helping others and is an upstanding member of the community.

Interested service or family members can contact Staff Sgt. Sergio Jimenez, at the Marine Corps Motion Picture and TV Liaison Office at 310-235-7272.

Changes of Command

Send your change of command notices to the Flight Jacket editor at [mcmeence@miramar.usmc.mil](mailto:mcmeence@miramar.usmc.mil). Include all who, what, where and when information.

Modified gate hours

The East Gate is now closed from 12-5 a.m. daily.

Flightline gates 5 and 22 will be fully automated with all access being granted through card swipes until notified otherwise.

Alcoholics Anonymous

Alcoholics Anonymous meetings are now taking place at the Marine Corps Community Services Counseling Center in building 2274.

The classes will be held Monday through Wednesday from 6:30-7:30 p.m.

All active duty personnel, retirees, family members and DoD employees can participate.

For more information call 577-7285.

Check writing class

There will be a check writing class Thurs-day from 5-7 p.m. at the Marine Corps Community Services Counseling Center, building 2274.

Seating is limited, and a spot can be reserved by calling Tom Graneau at 577-9802.

The class will be free.

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